

Quarantine and Health Monitoring Periods

Calculate your 5 to 10 day quarantine*

If you:

- Are unvaccinated **OR**
- Received your second mRNA (Pfizer or Moderna) dose *more than 5 months ago* (or the J&J vaccine *more than 2 months ago*)** **AND**
- Have not yet received a booster.

* To end quarantine before day 10, test negative on a [COVID-19 test](#) on day 5. It is **strongly recommended** to wear a well-fitted face covering through day 10.

If you cannot test or choose not to test, you must remain in quarantine through day 10.

5-Day Quarantine						
SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Day 1 - First full day of quarantine.



Day 5 - Take a COVID-19 test.
If negative, may end quarantine.



Day 10 - Last day to monitor health.

Last close contact with the infected person

Quarantine
Strongly recommended to wear a face covering

Monitor your health

Calculate your 10-day health monitoring period

If you:

- Received the booster **OR**
- Received your second mRNA (Pfizer or Moderna) dose *less than 5 months ago* (or the J&J vaccine *less than 2 months ago*)** **OR**
- Tested positive for COVID-19 in the last 90 days, **AND**
- Have no symptoms.

Take a [COVID-19 test](#) on day 5.

It is **strongly recommended** to wear a well-fitted face covering and monitor your health for symptoms through day 10.

10-Day Monitoring						
SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Day 5 - Take a COVID-19 test and test negative.



Day 10 - Last day to monitor health.

Last close contact with the infected person

Strongly recommended to wear a face covering

Monitor your health

Note: If you have symptoms of COVID-19 or test positive, follow the [Health Officer Order for Isolation](#).

If you are **moderately or severely immunocompromised, see the [vaccine and booster schedule](#).

For more information on COVID-19, please visit:

coronavirus-sd.com

03-07-2022



LIVE WELL
SAN DIEGO